

HOME VISITATION LEADERSHIP ADVISORY COALITION

Wednesday, September 19, 2018

10:00 am – Noon

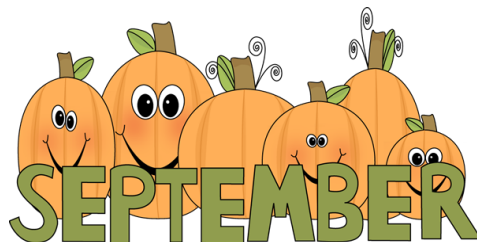
OSDH, Eighth Floor

Room 806

This meeting available via VideoConference!

*Click link above for VideoConference registration instructions
or contact OSDH/FSPS for more information, (405) 271-7611.*

***MUST register at least (2) business days prior to meeting
for VideoConference participation!***



Agenda

Please bring or forward in advance any related materials, brochures, calendars specific to your program for sharing!

WELCOME

- Introductions and sharing of program information [Roll Call – by County]
- Announcements – upcoming conferences, community resources, and related discoveries that would benefit other home visitation efforts across the state!

Special Presentations

- **Relax-a-Palooza: Mindfulness and Learning in the 21st Century**

Join us as we discuss mindfulness and its impact on our learning and emotional health. Through daily habits and interactions, we build and rebuild our brain, so let's explore some ideas and activities that might help us navigate life differently.

Kim Quinn, RN, M.Ed.

Child Care Warmline

Family Support and Prevention Service (OSDH)

- **parentPRO Data Discussion***

Feel free to bring your questions and/or needs as all things data will be discussed.

John Delara, MPH, Epidemiologist

Family Support and Prevention Service (OSDH)

** While all participants are welcome to stay and enjoy this topic, it may only prove relevant to those involved with parentPRO programs.*

2018 Home Visitation Meeting Calendar – [CLICK HERE](#)

ADJOURN

Please note:

Meetings are from 10:00 a.m. until Noon at the Oklahoma State Health Department, room 806 (8th floor)
1000 NE 10th St, Oklahoma, City, OK 73117 (405) 271-7611

**Every attempt will be made to provide VideoConference capability so this meeting may be attended at a health department in your community, but is based on availability of video conference equipment which can only be reserved three months in advance.*

Home Visitation Leadership Advisory Coalition

September 19, 2018

10:00 a.m. to 12:00 p.m.

ODSH Room 806

Minutes

Central Office Attendance:

Tracy DeJesus, OCCHD/Children First
John Delara, OSDH/FSPS
Patti DeMoraes, LCDA
LaChez' English, OSDH/FSPS
Tiffany Holmes, OSDH/FSPS
Denise Howard, OCCHD/Children First
Vicki Land, Smart Start Central Oklahoma
Yolanda Lucero, OKC PAT

Jasmyne Mackie, OKC PAT
Gwendolyn McBride, OCCHD/Children First
Katie Morgan, OCCHD/Children First
Kethzia Njikam, OKC PAT
Shawna Norman, Parent Promise
Norma Prado, Headstart
Melissa Sloan, Headstart
Sherie Trice, OSDH/FSPS

VideoConference Attendance:

Carter: Julie Williamson, parentPRO PAT

Tulsa: Cristi Almader, parentPRO; Ariane Betancourt, CAP Tulsa; Sarah Neyman, Tulsa Parent Child Center

Welcome:

- Introductions and sharing of program information
- Announcements
 - Next CAP Action Meeting is 10-19-18 at NE Regional Health & Wellness Campus, 2600 NE 63rd, OKC
 - Oklahoma Child Abuse Prevention Facebook Page has exceeded over 1,000 likes.
 - Family Support & Prevention Service will be partnering with OUHSC for the Annual Child Abuse and Neglect Conference.
 - Date April 17, 2019-April 19, 2019
 - The Outstanding Child Abuse Prevention Awards will be April 18, 2019 at the reception for the Child Abuse and Neglect Conference. It will not be at the State Capitol Building.
 - Please be thinking of nominations for the 2019 awards
 - Oklahoma HB 2259 replaces the word “promptly” to “immediately” when reporting suspected child abuse and neglect.
 - If you have not sent in your Employee Spotlight for the parentPRO Facebook, page please send it to Tiffany Holmes at tiffanyh@health.ok.gov

Special Presentations:

Relax-a-Palooza: Mindfulness and Learning in the 21st Century

We discussed mindfulness and its impact on our learning and emotional health. Through daily habits and interactions, we build and rebuild our brain, we explored some ideas and activities that might help us navigate life differently.

Kim Quinn, RN M.Ed.

Family Support & Prevention Service (OSDH) -- Child Care Warmline

Please See Attachments

parentPRO Data Discussion

New Update:

- *John is working on forms updates*
 - *Forms should be released by November*
- *ETO Offline touchpoints will be available for all users*
 - *John will send out user instructions*
 - *Should be available October 1, 2018*
 - *John will look into request of Encounter Forms taking a while to upload*

John Delara, MPH

Epidemiologist, Family Support & Prevention Service

To view the meeting visit the link

<https://manage.lifesizecloud.com/#/publicvideo/db00e43b-d63f-4f24-ac15-654c9bdf2393?vcpubtoken=75b92d68-a770-4009-a709-d9eb655975dd>

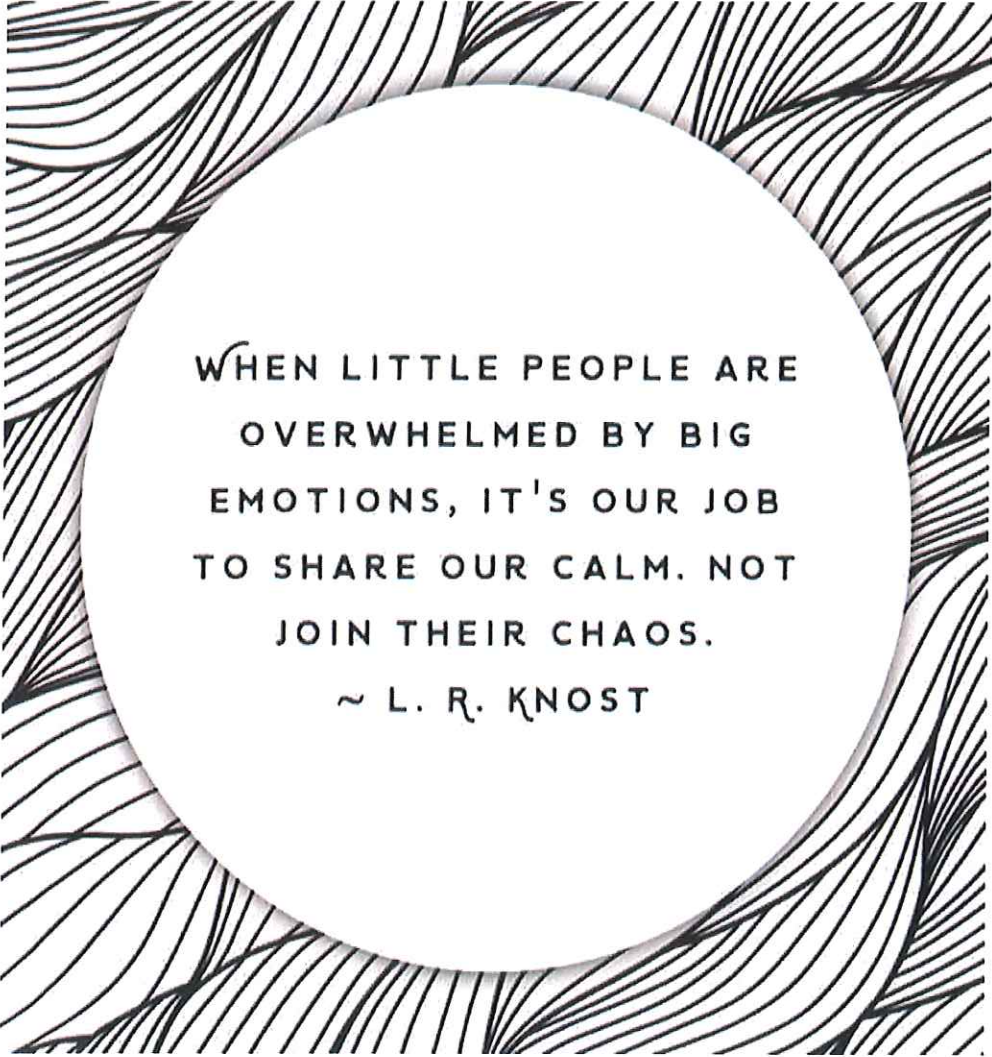
Next Meeting Dates

- Wed, January 16, 2019 (OSDH – Room 806 – Video Conference *may be available*)*
- 2019 – 2020 Home Visitation Meeting Calendar – [CLICK HERE](#)

Meeting Adjourned at 12:00 pm

The key to
keeping your
balance is
knowing when
you've lost it.

lifelovequotesandsayings.com



WHEN LITTLE PEOPLE ARE
OVERWHELMED BY BIG
EMOTIONS, IT'S OUR JOB
TO SHARE OUR CALM. NOT
JOIN THEIR CHAOS.

~ L. R. KNOST

Mindfulness

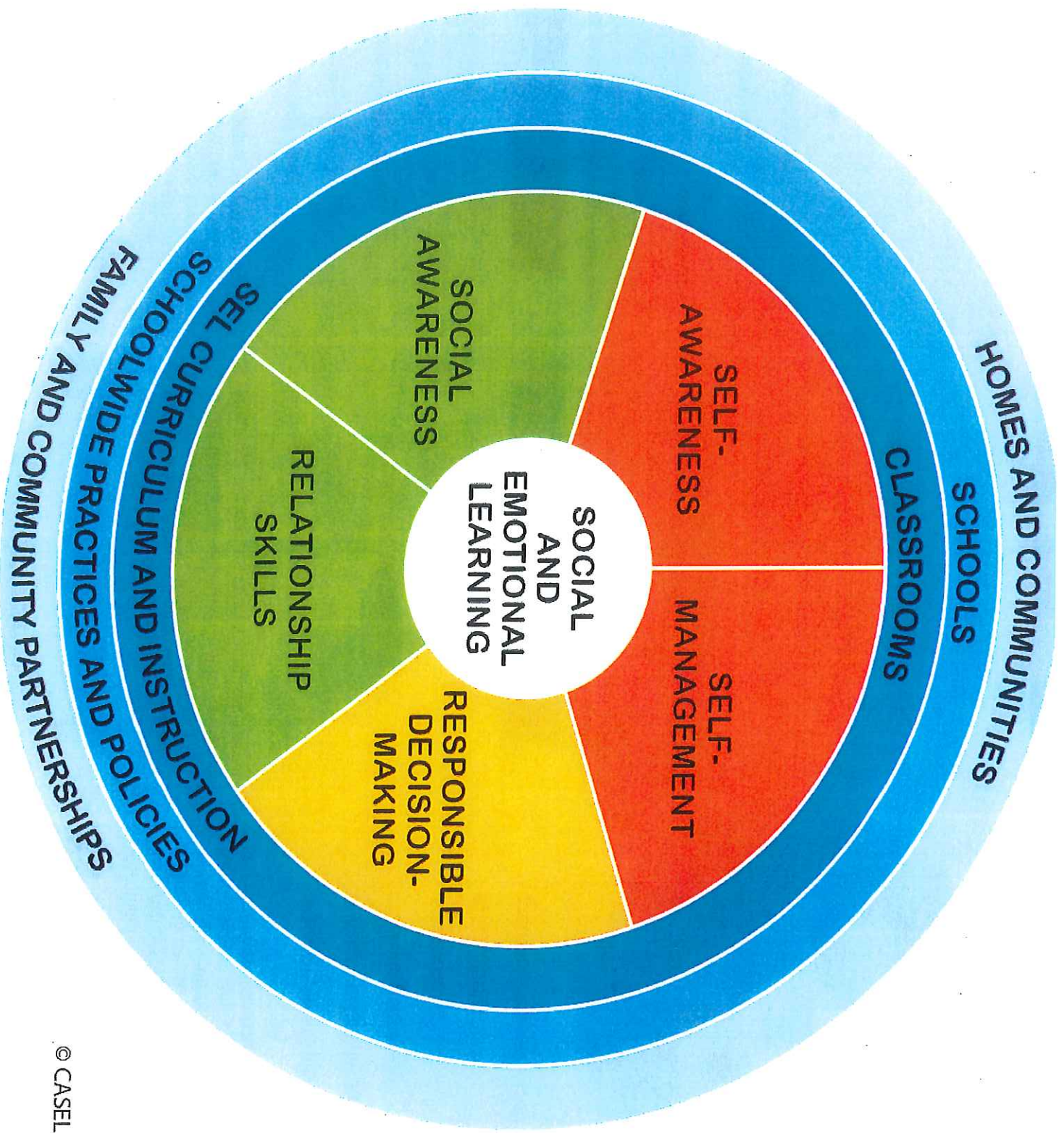
Simple Description

by Michael Acton

Achieving mindfulness doesn't require a huge lifestyle shift or special training. It's about mastering simple habits that work with the demands of your busy life. It uses the abilities you're born with: creativity, spontaneity, and awareness of the world around you. There are no rules to follow or break. Everyone can achieve calm—including you.

There are many simple ways to be mindful everyday and cultivate a sense of calm, even if it's only for 5 minutes. Take a walk without a fixed destination, savor a piece of chocolate, plant a seed, doodle aimlessly, turn off your cell phone and step away from your computer. Smile, breathe, and go slowly. Calm your mind—and change your world.

What is your description of mindfulness?



SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

RELATIONSHIP SKILLS

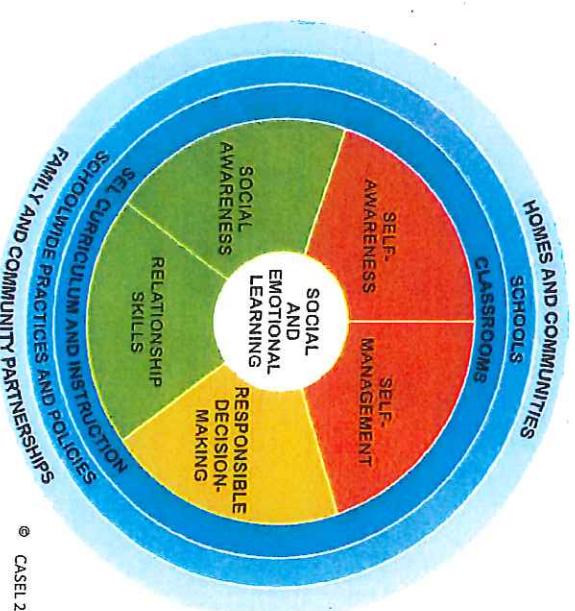
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY



Settling Meditation-

Explanation: This activity is a visual representation of how a mindful pause can help a person deal with the stress in their life without having to avoid or escape from their daily life and responsibilities. It is simple and inexpensive.

Materials:

- A clear bottle holding at least 16 ozs, filled with water
- Box of baking soda
- Plastic spoon or small scoop

Activity:

7. Each person thinks of a source of stress in the last 24 hours.
8. Each person puts a scoop of the baking soda into the bottle while naming one of their stressors.
9. When each person has added their scoop, the bottle is shaken and placed on a table in clear view of everyone.
10. Each person is invited to get comfortable (sitting upright in chair, on floor, etc.) and watch what is happening in the bottle. Focus on breath and remaining curious about bottle.
11. The group watches the bottle in silence.
12. Once the bottle settles, ask the group to reflect on their experience.

“When we take a moment and pause, what can we notice?”